

# **Food Assistance**

**Houston Food Bank** 

Location: 535 Portwall St, Houston, TX 77029 and 146 Knobcrest Dr., Houston, TX

77060

Availability: Monday - Friday, 7:00am - 9:00pm, Saturday 7:00am - 4:00pm, and

Sunday 9:00am – 12:00pm **Helpline:** (832) 369-9390

**Website:** https://www.houstonfoodbank.org/find-help/

Find a Food Pantry Tool: https://www.houstonfoodbank.org/find-help/agency-locator/

Service(s) Provided: Food Pantry, Community Resource Center, SNAP Benefit

Assistance, Disaster Relief Resource **Service Area:** Greater Houston Area

## **Double up Houston Snap Incentive**

Location: 2752 Buffalo Speedway, Houston, TX 77027

Availability: Saturdays, 8:00 AM -12:00 PM

Helpline:713-880-5540

Website: https://www.urbanharvest.org/farmers-market/snap/

Services Provided: Mobile Farmer's Market, when you use your Lone Star Card at a participating market, you will receive a \$1 for \$1 match (up to \$40 per day) to purchase additional fruits and vegetables. Spend \$1 SNAP/EBT, get \$1 of fresh produce for free.

Service Area: Greater Houston Area

### **Braes Interfaith Ministries**

Location: 4300 West Bellfort Ave Building 3, Houston, TX 77035

**Availability:** Monday, Wednesday, and Friday, 10:00 AM – 2:00 PM (Please arrive by

1:30 PM)

Helpline: (713) 723-2671

Website: www.braesinterfaithministries.org

Service(s) Provided: Food Pantry, Clothing (Resale Shop Zip Code Restricted to

77025,77035, 77045, 77051, 77053, 77054, 77071, 77085)

### **Christian Community Service Center**

Location: 3434 Branard St, Houston, TX 77027



Availability: Monday – Friday, 10:00 AM – 2:00 PM Saturday, 9:00 AM – 12:00 PM

(Saturdays are for food pantries only)

**Helpline:** (713) 871-9741 (Call to schedule appointment for Financial Assistance)

Website: www.ccschouston.org

Service(s) Provided: Food Pantry, Rental Assistance, Utilities, Limited Medical

(Emergency Vision & Dental, Prescriptions)

Service Area:

77002,77003,77004,77005,77006,77007,77010,77011,77012,77019,77020, 77021,77023,77025,77026,77027,77028,77030,77031,77036,77046,77056,77057,7707 2,77074,77081,77096, 77098, 77401

### **Epiphany Community Health Outreach Services**

Location: 9600 S Gessner Rd, Building E, Houston, TX 77071

Availability: Food Pantry from (7AM to 9 AM)Mon-Thurs 8AM - 2PM, Friday 8AM-12

PM

Helpline: (713) 270-0369

Website: http://echos-houston.org/client-services/financial\_assistance/

Service(s) Provided: Application Assistance, Financial Assistance (Rent & Utilities zip

restricted), Food Pantry, Healthcare Mobile Clinics, Health Care Screening **Service Area:** 77031,77035,77036,77071,77072,77074,77081,77096,77099

### Kingwood United Methodist Church - Society of St. Stephen

**Location:** 2307 Crystal Springs Drive, Kingwood, TX 77339 **Availability:** Monday, Wednesdays, Fridays 9AM-11:30 AM

Helpline: (281) 358-7722

Website: https://kingwoodumc.org/missions/

Service(s) Provided: Food Pantry, clothing, and limited financial assistance with

utilities and prescriptions.

Service Area: 77327, 77336, 77339, 77345, 77346, 77357, 77365, 77372

### L.I.F.E. Houston

Location: 2002 S. Wayside Dr, Houston TX 77023

Availability: Monday - Friday, 9:30 AM - 3:30 PM. Phone Appointments Only, No Face

to Face Various Pick up locations

**Helpline:** (713) 528-6044, 713-428-2065 for formula appointments

Website: https://www.lifehouston.org/

Service(s) Provided: Emergency formula for babies between 0-12 months



Service Area: No Zip Code Restrictions. Pick up locations 77090, 77074, 77007,

77023, 77503

**Mission Bells** 

Location: 15325 Bellaire Blvd, Houston, TX 77083

Availability: Tuesday and Saturday, 9:00 AM - 11:00 AM

Helpline: (281) 850-0213

Website: www.missionbells.org Service(s) Provided: Food Pantry Service Area: Greater Houston Area

St. Mary Magdalene Social Services

Location: 527 S Houston Ave, Humble, TX 77338

Availability: Mondays, Wednesdays, Fridays 9:30 AM to 12:30 PM

Helpline: (281) 540-1907

Website: https://st-mm.com/social-ministry

Service(s) Provided: Food Pantry, Eviction & Utility Pledge assistance for zip codes

(77044, 77338, 77346, 77347, and 77396)

Service Area: Greater Houston Area

St. Pius V Catholic Church

Location: 824 Main St, Pasadena, TX 77506

Availability: Every Thursday 8am until supplies run out

Helpline: (713) 473-9484

Website: www.stpiusvchurch.com

**Service(s) Provided:** Food Pantry (Drive -Thru only)

Service Area: Greater Houston Area

**Wesley Community Center** 

Location: 1235 Lorraine St, Houston, TX 77009

Availability: Wednesday and Friday, 9:00 AM – 12:00 PM

Helpline: (713) 223-8131

Website: https://wesleyhousehouston.org/

Service(s) Provided: Food Pantry (Drive Thru), Financial Assistance (Rent and Utility)

Service Area: Greater Houston Area



## **Southeast Area Ministries**

Location: 2102 Houston Blvd, South Houston, TX 77587

Availability: Call Monday - Thursday for appointment to pick up food. No walk-ins

Helpline: (713) 944-0093

Website: https://southeastareaministries.com/houston-assistance-ministries/

Services Provided: Food Pantry, limited financial assistance (rent & utilities, household, hygiene, and infant care), clothing and household assistance, and community referral.

Service Area: 77017, 77034, 77061, 77075, 77087, 77089, 77587, 77598

# **Food Assistance**

## **Harris County Social Services**

**Location:** 9418 Jensen Drive, Houston, TX 77093 **Availability:** Monday - Friday, 8:00 AM – 5:00 PM

**Helpline:** (713) 696-7900 or (832) 927-4955 for help finding housing

**Website:** https://csd.harriscountytx.gov/Pages/default.aspx or https://housingandcommunityresources.net/ (rental assistance)

Service(s) Provided: Financial Assistance (Rent and Utilities- Gas, Water, Electric)

Service Area: Greater Houston Area

### **Interfaith Caring Ministries**

Location: 151 Park Avenue, League City, TX 77573

**Availability:** Food Pantry: Monday – Thursday, 8:30 AM – 4:30 PM.

**Client Services Hours** 

Mon-Thurs: 8:30 am - 4:30 pm

Fri: 8:30 am – 1:00 pm Call to schedule an appointment

**Resale Shop Hours** 

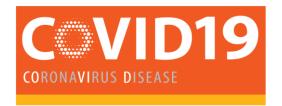
Mon-Fri: 10:00 am - 6:00 pm, Sat: 10:00 am - 5:00 pm

Helpline: (281) 332-3881

**Website**:\_http://icmtx.org/programs/emergency-rent-and-utility-assistance/ **Service(s) Provided:** Financial Assistance (Rent and Utility), Food Pantry

Requirements for Financial Assistance

Service Area: Must reside in Clear Creek or Friendswood ISD area



## **Katy Christian Ministries**

Location: 5506 First Street, Katy, TX 77493

Availability: Monday - Thursday, 9:00 AM -12:00 PM & 1:00 PM - 5:00 PM. Call for an

appointment, applications are done over the phone

Helpline: (281) 391-9623 Website: https://ktcm.org/

Service(s) Provided: Financial Assistance, Social Services, Counseling, Food Pantry,

Crisis center

Service Area: Must reside in the Katy ISD area

### **Northwest Assistance Ministries**

Location: 15555 Kuykendahl Rd, Houston TX 77090

**Availability:** Food Assistance - Monday - Thursday, 8:00 AM - 5:00 PM and Friday,

8:00 AM - 4:00 PM

Financial Assistance - Mon-Fri 8:00 AM - 2:00 PM - online application only (no walk

ins)

**Helpline:** (281) 885-4555 or Crisis Hotline: 281-885-4673 - 24/7

Website: https://www.namonline.org/

Service(s) Provided: Counseling (Adults), Financial (Rent, Mortgage, Utilities) and

Food for victims of Domestic violence

**Service Area**: 77014, 77032, 77038, 77050, 77060, 77064, 77066, 77067, 77068,

77069, 77070, 77073, 77086, 77090, 77373, 77379, 77388, and 77389

# Mental Health Services

## **Counseling Support**

Availability: 24/7

**Helpline: (**713) 970-7000

Website: https://www.theharriscenter.org/

Service(S) Provided: Mental Health Counseling

Service Area: Harris County

# National Alliance on Mental Illness (NAMI)

**Availability:** Monday – Friday, 10:00 AM – 6:00 PM

Helpline: 1-800-950-6264 or text "TX" to 741741 (Crisis Line, available 24/7)

Website: https://nami.org/Home



Service(s) Provided: Mental Health Services

Service Area: Nationwide

## **Mental Health Crisis Clinics**

Location: 18838 S Memorial Dr, Suite 106, Humble, TX 77338, 4850 W. Belfort St,

Houston, TX 77035, 10780 Westview Ste C, Houston, TX 77043

Availability: Monday – Friday, 8:00 AM – 4:00 PM. Appointments preferred, walk-ins

welcome

Helpline: (713) 338-6422

Website: http://www.memorialhermann.org/locations/northeast-mental-health-crisis-

clinic/

Service(s) Provided: Mental Health Services. Financial assistance is available for

those who do not have insurance **Service Area**: Greater Houston Area

## Texas Health and Human Services (HHS) COVID Support Line

Availability: 24/7

Helpline: (833) 986-1919

Website: https://hhs.texas.gov/services/mental-health-substance-use

Service(s) Provided: Mental Health Services.

Service Area: Texas

#### **The Disaster Distress Helpline**

Availability: 24/7

Helpline: 1-800-985-5990 or text "TalkWithUs" to 66746

Website: https://www.samhsa.gov/find-help/disaster-distress-helpline

Service(s) Provided: Emotional distress and mental health counseling during or after a

natural or man-made disaster **Service Area:** Nationwide

### **The National Suicide Prevention Lifeline**

Availability: 24/7

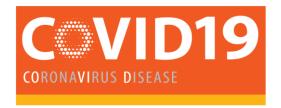
Helpline: 1-800-273-8255

Website: https://suicidepreventionlifeline.org/

Service(s) Provided: Mental Health Services. For individuals dealing with suicidal

thoughts

Service Area: Nationwide



# The Trevor Project

Availability: 24/7

**Helpline:** 1-866-488-7386 or text "START" to 6786780 (English only at this time)

Website: https://www.thetrevorproject.org/

Service(s) Provided: Mental Health Services for LGBTQ youth Ages 13-24+, Suicide

and Crisis Intervention
Service Area: Nationwide

## **Veterans Crisis Line**

Availability: 24/7

**Helpline:** 1-800-273-8255, option 1, or text 838255

Website: https://www.veteranscrisisline.net/ Service(s) Provided: Mental Health Services

Service Area: Nationwide

# **Domestic Violence and Sexual Assault**

## **Houston Area Women's Center**

Location: 1010 Waugh Dr, Houston, TX 77019

Availability: 24/7

Helpline: (713) 528-2121 and (713) 528-7273 (Call for assistance, main office is

currently closed)

Website: https://hawc.org/

**Service(s) Provided:** Counseling (over the phone), Shelter (women and children only),

Limited Legal Services, and Children's Court Services and Housing

Service Area: Greater Houston Area

### Family Time Crisis and Counseling Center

Location: 1203 S Houston Ave, Humble, TX 77338

Availability: 24/7

Helpline: (281) 446-2615

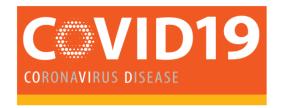
Website: https://familytimeccc.org/

Service(s) Provided: Counseling, Shelter (Domestic Violence, Human Trafficking and

Sexual Assault), Limited Legal Services (Women and children only). Anger

Management and Parenting Classes

Service Area: Greater Houston Area and Dayton, Texas



Fort Bend Women's Center

Location: 501 E Highway 90A, Richmond, TX 77406

Availability: 24/7

Helpline: (281) 342-4357 Website: https://fbwc.org/

Service(s) Provided: Counseling, Shelter (Women, Men, and Children), Limited Legal

Services

Service Area: Greater Houston Area

# **General Information**

**FEMA** 

Availability: 24/7

**Disaster Assistance Helpline:** 800-621-3362

Website: www.disasterassistance.gov

**Service(s) Provided:** Assistance can include grants for temporary housing and home repairs, low-cost loans to cover uninsured property losses and other programs to help

individuals and business owners recover from the effects of the disaster.

Service Area: Brazoria, Fort Bend, Harris, Montgomery Counties.

### **Memorial Hermann Nurse Health Line**

Availability: 24/7

**Helpline:** (713) 338-7979 pr (855) 577-7979

Website: https://memorialhermann.org/giving-back/community-benefit/programs/nurse-

health-line

Service(s) Provided: Experienced nurses available to help answer your questions (no

insurance needed). Can also help answer COVID related questions

Service Area: Greater Houston Area

## Harris Health "Ask My Nurse"

Availability: 24/7

Helpline: (713) 634-1110

**Website:** https://www.harrishealth.org/services-hh/outreach/Pages/ask-a-nurse.aspx **Service(s) Provided:** Experienced nurses available to help answer your questions (no

insurance needed)

Service Area: Harris County



### **Lone Star Legal**

Location: 500 Jefferson St, 17th FI, Houston, TX 77002

**Availability:** Monday – Friday, 8:00 AM – 5:00 PM (No walk-ins), over the phone or

website assistance only

**Helpline:** (713) 652-0077 or 1-800-733-8394 **Website:** https://www.lonestarlegal.org/

Service(s) Provided: Legal Help, COVID-19 Evictions, and Other Resources (No

criminal cases)

Service Area: Texas

## **National Council on Aging**

Availability: Monday – Friday, 9 AM – 5 PM

Helpline: 1-800-794-6559 Website: www.ncoa.org

Service(s) Provided: Food Assistance, Medication, Utility Assistance, Health Care,

Rent/Mortgage Assistance and Housing, Transportation

Service Area: Nationwide

## **Texas Workforce Commission**

**Location:** Various

**Availability**: Varies on location **Helpline**: 1-800-939-6631

Website: https://www.twc.texas.gov/news/covid-19-resources-job-seekers

Service(s) Provided: Unemployment Benefits, Job Matching, Recruiting, and Training

Service Area: Texas

### **United Way of Greater Houston**

Location: 500 Waugh Dr. Houston, TX 77007

Availability: 211 HELPLINE open 24/7, call for updates

Helpline: 2-1-1

Website: https://www.unitedwayhouston.org/

Service(s) Provided: Food Assistance, Disaster Preparedness & Recovery, Education,

Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing or Shelter

Service Area: Greater Houston Area



### **Assurance Wireless**

Location: Apply Online or via phone

Availability: 24 hrs

Helpline: (888) 321-5880

Website: assurancewireless.com

**Services Provided:** A federal assistance program to obtain a free phone device and/or cell phone service. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria, certain public assistance programs like Medicaid or Supplemental Nutrition Assistance Program (SNAP) and based on household income. Separate households that live at the same address are eligible, including residents of homeless shelters and nursing homes. Residents with temporary addresses are also eligible.

Service Area: Statewide

### **Q-Link Wireless**

Location: Apply Online or via phone

Availability: 24 hrs

Helpline: (855) 754-6543

Website: http://glinkwireless.com/

**Services Provided:** A telephone service subsidized by the federal Lifeline Assistance program; a government benefit program supported by the federal Universal Service Fund. Assurance Wireless is a federal Lifeline Assistance program. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria, certain public assistance programs like Medicaid or Supplemental Nutrition Assistance Program (SNAP) and based on household income.

Service Area: Statewide

# Legal Assistance

### **Catholic Charities' St Frances**

Location: 5599 San Felipe St, Suite 300, Houston, TX 77092

**Availability:** Call to schedule appointment

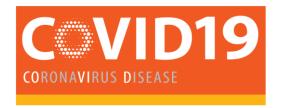
Helpline: (713) 595-4100

Website: https://catholiccharities.org/supporting-refugees-immigrants/st-frances-cabrini-

center-for-immigration-legal-assistance/

Service(s) Provided: Immigration and refugee services. Requires appointment, Fees

will be based on income level



Service Area: Houston

## **YMCA International Services**

Location: 6671 Southwest Freeway, Suite 250, Houston, TX 77074

Availability: Call to schedule appointment

Helpline: (713) 758-9280

Website: https://ymcahouston.org/locations/ymca-international-services

Service(s) Provided: Career advancement, Immigration legal services, refugee

services

Service Area: Houston

#### **Houston Volunteer Lawyers**

Location: 1111 Bagby Street, FLB300, Houston, TX 77002

Availability: Call to schedule appointment

Helpline: (713) 228-0735

Website: https://www.makejusticehappen.org/

Service(s) Provided: Pro Bono legal aid; Family, Housing, Taxes, Legal Guardianship,

Veterans, Employment **Service Area**: Houston

### **Central American Resource Center's (CARECEN)**

Location: 6006 Bellaire Blvd, Suite 100, Houston, TX 77081

**Availability:** Call to schedule appointment

Helpline: (713) 665-1284

Website: https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.39

3389-Central\_American\_Resource\_Center\_Houston\_Office

Service(s) Provided: Immigration services; DACA, Visas, TPS, U Visas. Legal

orientation with completing USCIS forms

Service Area: Houston

#### Refugee Services Of Texas

Location: 8323 Southwest Freeway, Suite 850, Houston, TX 77074

Availability: Call to schedule appointment

Helpline: (713) 644-6224

Website: https://www.rstx.org/locations/houston.html

**Service(s) Provided:** Resettling refugees, serves asylees.

Service Area: Houston